

ROCKVILLE SWIM AND FITNESS CENTER

2009 Recreational Swim Schedule

INDOOR POOLS

	<u>North Pool</u>	<u>South Pool</u>
Monday	6:00 – 8:20 am 11:00 – 2:00 pm 5:00 – 9:00 pm	7:30 – 9:00 am 12:00 – 3:00 pm
Tuesday	6:00 – 8:20 am 11:00 – 4:30 pm 6:00 – 9:00 pm	7:30 – 9:30 am 12:00 – 2:00 pm
Wednesday	6:00 – 8:20 am 11:00 – 2:00 pm 5:00 – 9:00 pm	7:30 – 9:00 am 12:00 – 3:00 pm
Thursday	6:00 – 8:20 am 11:00 – 4:30 pm 6:00 – 9:00 pm	7:30 – 10:00 am 12:00 – 2:00 pm
Friday	6:00 – 8:20 am 11:00 – 3:30 pm 5:00 – 9:00 pm	7:30 – 9:00 am 12:00 – 2:00 pm
Saturday	6:00 – 7:30 am 12:00 – 9:00 pm	11:00 – 4:00 pm
Sunday	11:00 – 9:00 pm <i>ramp closed until 1:00 pm</i>	1:00 – 4:00 pm

Exercise Rooms, Saunas, and Spa Hours

Monday through Saturday: 6:00 a.m. – 9:00 p.m.
Sunday: 9:00 a.m. – 9:00 p.m.

Please note: The spa is closed to all children (17 and Under) during swimming lessons.

Rockville Swim and Fitness Center
355 Martins Lane
Rockville, MD 20850
(240) 314-8750